



VOL VI No. 1 Naval Regional Medical Center, Orlando, Florida

1 November 1982

A day of celebration

ARS officially dedicated on 22 October

The Alcohol Rehabilitation Service was officially dedicated on 22 October - a day shared by representatives from all the commands, patients, former patients, friends, and the enthusiastic staff of ARS.

Janet Jowers, the Program Director of ARS, made the opening remarks and then introduced LT James L. Doss, CHC, USN, who delivered the invocation. Key speakers were Captain L. R. Fout, MC, USN, the Commanding Officer, and Captain James B. Boorstin, MC, USN, Chief of the Alcohol Rehabilitation Service, who returned from convalescent leave to take part in the ceremony. Guest speaker was Ken Wegman from Alcoholics Anonymous.

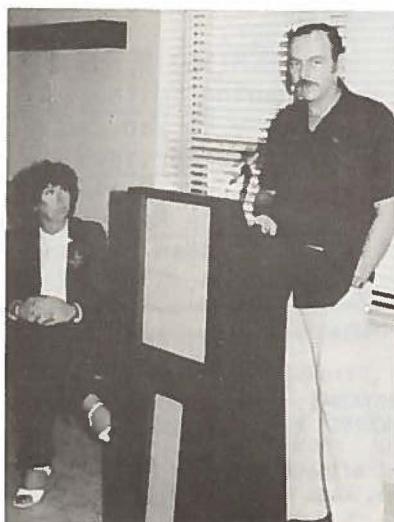
Included as part of the program, was the Commencement Ceremony for five patients, who had completed their treatment and were "commencing" their rehabilitation. Their counselor, John E. Brown, introduced each one and proudly related their progress at ARS.

The official ribbon cutting ceremony was held followed by the serving of a sumptuous, buffet luncheon.

A red ribbon day



Captain Fout



Janet Jowers



Captain Fout and Captain Boorstin do the honors of cutting the ribbon with full approval of the staff: (left to right) Mrs. Elaine Billy, Secretary; Mrs. Janet Jowers, Program Director; LT William Miller, NC, Nurse Counselor; CTOC James M. Scott, Military Counselor; and Mr. John E. Brown, Family Alcoholism Counselor.

The week that was!

With AMSUS in convention in Orlando from 18 - 21 October, NRMC had lots of Very Important Visitors! At different times, we had:

RADM James A. Zimble, MC, USN, The Medical Officer, U.S. Marine Corps.

RADM Frances T. Shea, NC, USN, Director, Navy Nurse Corps.

RADM Matt Backer, MC, USNR, the Naval Reserve Medical Corps Recruiting Officer.

COMO Lewis Angelo, MSC, USN, Chief of the Medical Service Corps.

... just soaking up the sun!



..... and providing **ENERGY!** These solar panels, over the Outpatient Clinics, heat water to a temperature of 180° F. This hot water is then used to operate solar air conditioning equipment which provides 100 tons of cooling for the hospital.

Whoooizzit?



Do you know this staff member? The answer is on Page 12.

American Red Cross



**Volunteer hours
for September -
2,115**

Vital Signs' Staff

Editor:

HMCM(SS) R. C. Clements, USN

Managing Editor:

Mary V. Van den Heuvel

Nursing Services Coordinator:

LT C. M. Pagliara, NC, USN

Ramp Page Reporter/Photographer:

HM1 Bogan McQuigg, USN

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publication and Printing Service Branch Office, Orlando, from appropriated funds.

Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

Contents of this publication does not necessarily reflect the official views of the Department of Defense. All copy submitted for use in VITAL SIGNS must reach the Editor's Office, Room 1608, Building 500, by noon of the 20th of the month.

VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS, appropriate credit must be given.



Vital
Signs

STETH - O - SCOOP

By HM1 Bogan McQuigg, USN



How do you feel about the promotion of Christmas shopping BEFORE Thanksgiving?



Sara Sandidge, Patient Affairs: "It ruins the spirit of the whole meaning. It has become just another day to make money on. They shouldn't start until 1 December."



LT R. Rhodes, MC, Pediatrics: "I was becoming accustomed to before Thanksgiving promotions, but October is too early to get into the holiday spirit. It makes Christmas too commercial."



Diane Wilson, Outpatient Administration Service: "I think it stinks! It detracts from the true meaning of Christmas."



MMC W. Mann, Security (our one and only snipe!): "I think the early promotion causes a noticeable decline in the true spirit of Christmas. It has turned into just another commercial holiday."



HN W. Johnson, Operating Management: "I feel people have drifted far from the true ideals of Christmas -- it has become just another day for me and lots of others. It's too gaudy."



CAPT J. Pellosie, MC, Chief, Orthopedics: "I believe it is rushing the season but it is necessary to get the ball rolling and have the campaign all in order and ready to go, as it is so vital to the economy."

Staff Journal

Reenlistments



On 13 October, Navy Day, Captain Fout reenlisted HN Iwona K. Wojcik for another four years. HN Wojcik is assigned to the staff of Alcohol Rehabilitation Service.



HM1 David M. Welsh, Medical Repair Branch, Fiscal and Supply Service, signs his reenlistment contract under the watchful eye of CDR Paul F. Truran, MSC, USN, his reenlistment officer. HM1 Welsh was reenlisted on 19 October for a period of four years.

On 1 October, Captain Fout presented Mrs. Marie J. Fox, Nursing Services, with her pin commemorating twenty years of civil service.

Navy Achievement Medal



On behalf of the Commanding Officer, CDR Buckley presented the Navy Achievement Medal to HMC Anthony J. Washington. The Medal was presented on 8 October on Chief Washington's transfer to 2nd FSSG, Camp Lejeune.

Civilian of the Quarter



NRMC's Civilian Employee of the Quarter, 3rd Quarter, is Mrs. Pauline E. Woods, LPN, Nursing Services (ICU). Mrs. Woods has a total of 16 years of civil service and came to work at the hospital in 1969. Mrs. Woods and her husband, Thomas, make their home in Orlando.

20 year pin



... and there were letters

... to LT A. J. Smith, MSC, on his departure for duty at the Navy Recruiting District, Portland, OR.



... to LT P. J. Baker, MSC, as he departed for duty at the Branch Clinic, NAS, Moffett Field, CA.



... to CWO3 M. L. Popovich, PA, on his transfer to NRMC, Jacksonville.



... to HM2 Vinson Jacobs as he commenced his Terminal Leave.

Sailor of the Quarter

The Sailor of the Quarter for the Third Quarter, is HM2 Kathy Michael. Petty Officer Michael is the Leading Petty Officer for the Family Practice Branch Clinic, NTC Annex. Petty Officer Michael was selected for her high example of exemplary conduct, outstanding performance, impressive military bearing, and devotion to duty.

HN William P. Stark has been selected as NRMC's Blue Jacket of the Quarter for the Third Quarter. HN Stark was selected for his outstanding performance, personal conduct, appearance, and devotion to duty. HN Stark is assigned to the NRMC Annex where he works in the In-Barracks Screening Program at Division Four.

Blue Jacket of the Quarter

We continue featuring Nursing Services

OR, Anesthesia, Recovery Room

There has always been a mystique associated with operating rooms. Only a privileged few seemed to know what went on behind the magical double doors. Here, at NRMC Orlando, a staff of 4 operating room nurses, 14 operating room technicians, 1 anesthesiologist, 2 nurse anesthetists, 1 anesthesia corpsman, 2 recovery room corpsmen are assigned to provide perioperative care to the active duty and retired military patients of Central Florida requiring surgical intervention.

The operating room technicians are all graduates of the Navy's 6-month training program. They assist the nurses and the surgeons in providing the intense care necessary for the successful completion of any surgical procedure. Their duties are varied and their days are usually long. The surgical team works in a suite consisting of four O.R.'s and one cystoscopy room. Each room reflects state-of-the-art advances in surgical care.

The world of surgery is intense, exciting, and sometimes, awesome!

Written by: LCDR Ronald E. Butcher, NC, USN



Checking the OR schedule - (left to right): HM3 Derrick Pruitt, LT Thomas Fink, NC; HM2 Gerald Cate (seated); and CAPT Robert Daniels, MC.



Nurses briefing - (left to right): LCDR Shirley Peters, NC (Chief, Operating Room Service); LT Thomas Fink, NC; LCDR Ronald Butcher, NC; and LT Larry Brown, NC.



Anesthesiology - (left to right): CAPT Patrick Coleman, MC; HN Linda Carmel; LCDR Frederick Dempsey, NC, and CDR Elida Medina, NC.



Recovery - (left to right): LCDR William Neirynck, NC; HM3 Barry Phillips, and HM3 Cynthia Buchanan.

VITAL SIGNS

1 November 1982

Page 7



HM3 Laurent Marley scrubs.



HM3 Lee Matthews
in the work room.



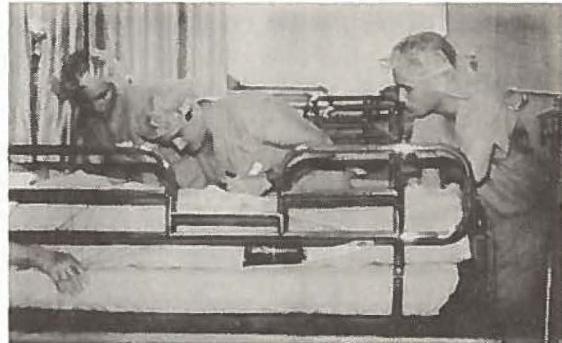
Setting up the OR - HM3 Vivianna Palomo
(on left) and HN Robert Norton.



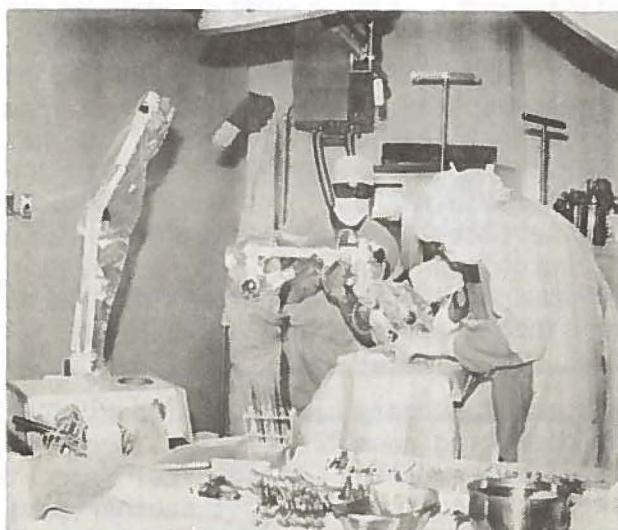
LT Thomas Fink, NC.



HM3 Ambrosio Diaz
in the work room.



Preparing the patient - (left
to right): ENS Ann Diaz, NC,
(observing IV techniques) ;
HM2 Scott Scruton; and HM3
Derrick Pruitt.



Microscopic surgery in progress - (left
to right): HM3 Lee Matthews; LCDR Geof-
frey Robb, MC; and HM3 Kevin Kroncke.



Surgery in progress - (left to right): LCDR
Richard Lewis, MC; CAPT Robert Daniels, MC,
LT Larry Brown (in behind IV's); HM3 Vivi-
anna Palomo; and HN Robert Norton.



NURSING SERVICES



Column Coordinator: LT C. M. Pagliara, NC, USN

O. R. Nurse Day

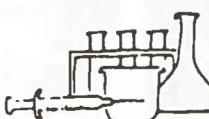
It seems, at times, that there is a designated day for recognition of just about everything, doesn't it? After all, we have Columbus Day, Mother's Day, Father's Day, Ground Hog Day, etc., etc., etc... If you had ever given this subject much thought, you probably would have thought that every possible day of recognition had been covered. Right? Not so!

In 1979, the Association of Operating Room Nurses voted to designate 14 November as O.R. Nurse Day -- a day of public awareness.

The O.R. nurse serves as a vital member of the surgical team caring for the surgical patient. The nursing care involved is a very intense form of nursing. In a very brief period, the nurse must meet with, assess, identify the needs of, and implement the necessary care for the patient. There isn't a lot of time available for planned intervention. Most of the reactions and responses to the patients' needs are by training, instinct, and old-fashioned experience.

The peri-operative role of the O.R. nurse encompasses the pre-, intra-, and immediate post-operative phase for the surgical patient. The nurse is concerned not only with assisting the anesthesiologist and the surgeon, but with insuring the patients' overall safety as well. Furthermore, the operating room nurse assists with the pre-operative education of the patient. It is believed that a patient, who is mentally prepared for surgery and knows what to expect, will experience a smoother post-operative course with fewer complications.

At this command, our operating room nurses are working on plans for O.R. Nurse Day. As plans are formalized, they will be publicized. In the meantime, be advised that we consider every day to be O.R. Nurse Day. Anytime you have a ques-



LAB LINE

CAPT P. E. Petit, MC, USN

Perfect timing

HM2 Carolyn Hutchinson checked in to NRMC just in time to become an overnight laboratory technician and supervisor of the Laboratory specimen collection and accessioning area (affectionately known as the "vampire room"). She came on the scene as a general duty hospital corpsman just at a time when the Laboratory was losing five technicians for TAD support of the Jacksonville Navy Drug Screening Lab and both of our civil service phlebotomists were resigning.



Before she knew it, she was up to her ears in lab chits, test tubes, and phlebotomy needles. She is doing an outstanding job of maintaining this most critical area. In the eyes of the patient, whether we have a good lab or not, is based upon their brief encounter during blood specimen collection. HM2 Hutchinson's cheerful reassurance and her professionalism have contributed immeasurably toward quality service for our patients. This area of the Lab handles over a thousand specimens a day and requires exacting, error-free work in specimen identification. In spite of our manpower shortage, we have been able to continue providing our high quality laboratory services because of the efforts of HM2 Hutchinson and all of the Nursing Services personnel who have assisted us. Our sincere appreciation to all.

tion about surgery, a surgical procedure, the operating room, operating room nursing, or a related topic, feel free to ask us. Teaching is just another part, but a very enjoyable part, of our job. We hope you never have to have an operation; but if you do, you will be able to depend on us!



CAREER COUNSELOR'S CORNER

HM1 Patricia M. Johnson, USN

Spouse Duty

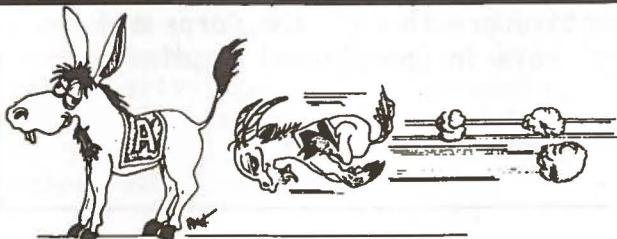
In the three months that I have been assigned as the Command Career Counselor, I have dealt with five married couples regarding spouse duty. As the number of intra-Navy or inter-service marriages increases, so do the variety of detailing problems. Here is how you can help yourself.

If the marriage has taken place and coordination with appropriate detailers is achieved within sufficient lead time, most requests for spouse duty are approved. Service marriages that occur when one or both members have orders to different duty stations, cause many problems -- mainly because of the short notice to the detailers. However, once Navy members have been on board their new commands for one year, detailers will consider projected-rotation-date breaks and spouse duty assignments if an open billet exists at the command requested and obligated service time requirements are met.

Engagements are not considered sufficient grounds to request spouse duty assignments; but, as soon as the marriage takes place, the couple should inform their detailer of their change in marital status via duty preference forms.

Basically, detailers will do all they can to assign spouse duty as soon as practicable, in line with billet availability, and based on eligibility.

If marriage to another Navy member or a member of one of the other armed services is in your future plans, come and see me.



CHAPLAIN'S

COMMENTS

LT J. L. Doss, CHC, USN

Treasures money can't buy

George Horace Lorimer wrote: "It's a good thing to have money and the things that money can buy, but it is good to check up once in a while to make sure we haven't lost the things that money cannot buy."

What are some of the treasures that money cannot buy?

1. Money cannot buy true friendship. Friendship must be earned.
2. Money cannot purchase a clear conscience. Honesty is the price.
3. Money cannot buy the glow of good health. Right living is the secret.
4. Money cannot even buy happiness; for happiness is a mental attitude.
5. Money cannot buy marital harmony for compatibility and joy come through giving and forgiving.
6. Money cannot buy love. Love grows through mutual esteem and respect.
7. Money cannot buy beautiful sunsets, singing birds, nor the music of the wind blowing through the trees. These are free for all who take the time to enjoy them.
8. Money cannot buy inward peace or good character, for peace and character come from who we are when we are alone with ourselves.

As Thanksgiving Day draws near, we should take a few minutes to reflect upon our lives and all the reasons we have for giving heartfelt thanks to God. List for yourself the blessings that are yours today. The most valuable things in life do not require money; rather, the things of this world, which are most valuable, require only that we be open to ourselves, our neighbors, and the world around us.

"This is the day that the Lord has made; let us rejoice and be glad in it."

Cartoonist creates happiness**"Uncle Jack" Rosen visits NRMC**

Uncle Jack, on his first visit in over two years, sketches patient, Donald Kaup.



The magic pencil captures the profile of Floyd Earl.



Christy Herrera is delighted with her caricature.



As Mrs. Cindy Stephenson watches, son, Alvin, takes his posing seriously.

Director of Navy Nurse Corps visits

RADM Shea with CAPT Nickerson

On Tuesday, 19 October, RADM Frances Shea, NC, USN, took time out from her hectic schedule at the AMSUS conference to visit the Navy Nurses of NRMC. Admiral Shea held an informal question and answer session and briefed the Nurses on the prospective growth of the Corps and the Nurses' role in Operational Readiness.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Choose your shipmates

Many of the young men and women in the Navy today, make serious mistakes in choosing their shipmates which can, in turn, jeopardize their Naval career and future. This situation comes to light each Wednesday at screening mast and ultimately, at Captain's Mast on Thursday morning. The majority of cases seen at Mast recently, have been for possessing marijuana. Most of those accused of possession, deny knowledge of the presence of marijuana in the vehicles when detected by "Ivan" and "Gypsy," the Naval Training Center's drug detection dogs.

Here's how the stories go:

"I loaned my car to a shipmate and he admits to using marijuana and to smoking it while using my car."

"I met with a group of old high school buddies -- we had a few beers, they smoked, but I didn't. They must have left the roach clip and baggie in the glove compartment."

"My brother drove my car while I was on leave. He admits to marijuana use; I never smoke the stuff!"

"My boyfriend and a couple of his friends used my car to go shopping and must have scattered the seeds on the front floor board of my car."

The ultimate responsibility for a motor vehicle registered at an Armed Forces Facility, is the owner's. The penalty for possession, use, distribution, introduction or manufacture of narcotics, marijuana and other controlled substances on board any facility of the Armed Services is severe: 1.) Loss of decal and driving privileges. 2.) Commanding Officer's Non-judicial Punishment. 3.) Courts-martial. 4.) Imprisonment. 5.) Dishonorable Discharge.

Command Master Chief Feature

Meet another of our Enlisted Advisors



HMC Richard W. Moore, Chief Petty Officer in Charge, Physical Exams Section, NRMC Annex, is the Enlisted Advisor for thirteen junior enlisted personnel. Chief Moore, a 16-year Navy man, is married and he and his wife, Denise, have two children: Elizabeth, 5 years old, and Melissa, 1 year old.

The following personnel are assigned to Chief Moore: HM1 Gerald Collis, HA Donald Downer, HN Karl Kelly, HN Mark Merwarth, HM3 John Moran, HM1 Pamela Mundling, HA Stephen Mutaali, HM2 Nathan Neel, HM3 Cheryl Nelson, HM3 Paul Nerio, HN Robert Norton, and HM2 Eric Olayos.

What I am trying to say is... choose your shipmates carefully and guard the security of your Naval career. The Navy and this command will NOT tolerate drug abuse of any kind.

One of the most distasteful chores, which I am required to perform, is to accompany young men and women to Mast. It is a shame to observe the downfall of some of these young men and women for being foolish and not abiding by the rules and regulations prescribed. Do me and your shipmates a favor if you don't use drugs, talk a shipmate out of the habit. If you do use drugs, STOP! But, by all means, choose your shipmates with care!



**CAPT Fout's
Skipper-
gram**

You don't smoke?

All the staff members who have been in or near my office have probably seen the little sign that hangs over my door: "You are entering the non-smoking section. Please extinguish cigarettes." Also, everyone knows that I am very quick to get on my soapbox about smoking.

Almost all of our efforts to get people to stop smoking have emphasized the dangers to the smoker.... but, how about the rest of us who share the same air? Do you know that we are considered "passive smokers?" If we are around a smoker, we are subject to "side-stream smoke" which comes from the end of the burning cigarette. This smoke contains 4,000 chemicals, some at concentrations 70 times greater than the smoke going into the smoker's lungs. The smoke doesn't just get in your lungs, it invades your body. Nicotine can be found in the blood and urine of a passive smoker and their heart rate and blood pressure can also be affected.

Two researchers recently measured the air pollution in a New York City club and showed that a non-smoking customer would inhale the same amount of carcinogenic DMN in one hour as the smoker inhales if he or she smoked a pack an hour!

So, smokers, the next time you start to light up -- look around and see how many of us "passive smokers" are near you and have mercy on us!



CRA

NOTES

By Joyce Lockwood

CRA BIRTHDAY GREETINGS TO: Floyd Keller on 2 Nov; Dianna Bates and Gladys Rahming on 3 Nov; Ralph Ramos on 5 Nov; Joyce Lockwood on 11 Nov; Katherine Murphy on 13 Nov; Patricia Callan and James Wester on 14 Nov; Thomas VanElls on 17 Nov; Margaret Wilsten on 19 Nov; Alice Crownfield and Colette Leistner on 22 Nov; Arthur Baley and James Richard on 25 Nov; John Julian on 26 Nov; Douglas Simmons on 27 Nov; Marie Kirkpatrick and Margaret Walker on 28 Nov; Barbara Fockler on 29 Nov; and Inez Perry on 30 Nov.



will go to
Divisional Championship
games at Mayport
5, 6, & 7 November

GO — TEAM — GO!

Whoooozzit

It's Ensign Sharon E. Dulac, MSC, USN, the new Chief of Human Resource Management Service. Ensign Dulac reported aboard on 9 August 1982 from Newport. Prior to receiving her commission, she was stationed at the Bureau of Medicine and Surgery as an HMC. Ensign Dulac has a daughter, Tara, who is 10 years old. ENS Dulac hails from Roaring Branch, PA.

